

intraceuticals
it's in the skin

SCALPEL-FREE BUTT LIFT
SKIP THE SQUATS!

BLAST MORE FAT
ON YOUR LUNCH BREAK

SHAPE
YOUR
LIFE

SHAPES

LOOK
BETTER
NAKED
IN 4 WEEKS
p. 114

EXCLUSIVE!

FITTER
THAN EVER
AT 52!

ALL NEW!
SIMPLE 4-STEP PLAN

FLAT
SEXY
ABS
BY MAY 31

ELLEN
DEGENERES

"MY ALL-DAY
ENERGY DIET"

PLUS: THE
EXERCISE ROUTINE
SHE DOES EVERY
MORNING

WEIGHT LOSS
MADE EASY

"HOW I LOST
105 POUNDS!"
p. 122

A BETTER
WAY TO
TAKE YOUR
VITAMINS

5 SLIM-DOWN
SMOOTHIES
(WITH A HEALTHY TWIST)



25-
HA
MA

celeb tip

STEAL MADONNA'S ANTIAGING REGIMEN

Word on the street is that Madonna got an **Intra**ceuticals **Infusion** (from \$165; intra-ceuticals.com) - basically a super potent oxygen facial - from her aesthetician, L.A. based Michelle Peck, before every show on her recent tour.



USA, May 2010